

MALAYSIAN JOURNAL OF

Medicine and Health Sciences

Vol. 17 No. SUPP5 / Aug 2021

Supplementary Issue:

**3rd WORLD CONGRESS ON
INTEGRATION AND
ISLAMICISATION 2021**

4-6 June 2021

Malaysian Journal of Medicine and Health Sciences Vol. 17 No. SUPP5, Aug 2021



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A scientific journal published by Universiti Putra Malaysia Press

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MENTAL HEALTH & WELL BEING IN THE 4th INDUSTRIAL REVOLUTION

Held from 4-6 June 2021

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Factors of Mental Health in the Quran: A Thematic Analysis

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ABSTRACT

Mental health and its essential components of emotional, psychological and social well-being are among the subjects addressed in the teachings of the Quran. The Quranic terminologies like '*aql*', which is often translated into "mind", or "intellect", as well as the *qalb*, i.e., the heart, and the soul (*ruh*) are all related in various considerations to mental health. The intersection and the interplay of the functions of these terminologies, i.e., *qalb*, '*aql*', *ruh*, and related words, are worth reading. As illustrated in various chapters in the Quran, the proper connection between the functions of these terminologies leads to the state of mental health, known in the Islamic tradition as *sa'adah*, i.e., well-being and happiness (*al-nafs al-mutmainnah*). On the other hand, lack of proper connection between these functions leads to mental illness and misery (*shaqawah*). The state happiness and well-being are reached through spiritual connectivity (*ibadat*), God-consciousness (*zikrullah*), self-purification (*tazkiyyah al-nafs*), positive thinking (*al-raja'*), moral integrity, etcetera. This paper uses the method of textual analysis. It aims to study the Quranic verses related to mental health and its components by compiling the Quranic verses related to the topic and then thematically analysing so that conclusions on this topic are exposed. Besides the Quran and sunnah texts, related Muslim writings on this topic would also be unveiled. The finding of the study would be illustrations of the Quranic guidance on treating problems of mental health. The result is expected to improve our understanding of spiritual healing techniques, and the role of spiritual health in mental health, through and within the teachings of the Quran and sunnah.

Keywords: Mental health, Quran, Thematic analysis, Health factors, Well-being